



## **World Breastfeeding Week 60 Second PSA**

World Breastfeeding Week is celebrated during the first week of August each year. It's a time to remind parents about the health benefits of nursing a child.

Infants who are breastfed are at a reduced risk for asthma, obesity, Type 2 diabetes, ear and respiratory infections, and sudden infant death syndrome. Not only does it benefit the child, but it reduces the risk of heart disease, Type 2 diabetes, and ovarian and breast cancer in the mom.

Only 1 in 4 infants are exclusively breastfed for the first 6 months of their life, as recommended. The Centers for Disease Control and Prevention estimates that about 60 percent of women stop breastfeeding before they had planned. It's important that these women have a support system at home and at work to accomplish their goals.

This is State Health Officer Dr. Scott Harris. For more information, visit Alabama Public Health dot gov.

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